INTERNATIONAL REFUGEE DAY

A glimpse into the lives of displaced people

metroNEWS

Toronto metro

Your essential daily news | MONDAY, JUNE 20, 2016 | High 34°C/Low 15°C Risk of thunderstorm

THE GAME OF THRONES WORKOUT

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TORONTO'S DEADLY STREETS: METRO'S ACTION PLAN, 2016

■ Lower speed
■ Redesign streets
■ Stiffen penalties

#TODeadlyStreets

Angela Mullins
MANAGING EDITOR
Metro | Toronto

John Tory made one of the boldest — and bravest — moves of his political career last week.

He stood up for the oft-criticized, oft-overlooked pedestrian and cyclist, vowing to set a target of zero road deaths by 2026.

Sure, the promise came the day after Metro criticized his original pitch for a 20 per cent reduction over the same time frame. And, it was announced with a lot less gusto than he mustered for the initial plan.

But what's important is that our mayor took the city's pulse, realized his misstep and corrected it quickly.

It's the kind of swift attitude adjustment that must ripple through city hall and across every neighbourhood if we stand any chance of fixing Toronto's deadly streets.

As debate starts Monday on the city's proposed road-safety plan, politicians can't afford to box themselves into the same pro-car and anti-car ideological corners that have long defined this conversation. And we can't afford to watch idly if they do.

Metro will continue applying the kind of pressure that forced Tory to change his stance and answer squarely to a groundswell of people for whom enough has finally become enough.

We've identified three key priorities to make our streets safer. First, lower speed limits citywide. Second, a complete redesign of Dundas Street W. and Bloor, the deadliest intersection in the city. Third, stiffer penalties for drivers who hit pedestrians and cyclists. We'll push for measurable action on each by the end of the year.

Our elected leaders, meanwhile, must kick politics to the curb and make people the focus.

People like Algie Parucha, 38, plowed down by a driver Tuesday while working at her downtown pop-up stall. People like Tom Samson, 35, his wedding ring delivered to his wife in a paper bag after he was killed riding his bike to work. People like Erica Stark, 42, killed by a driver who veered onto the sidewalk in a quiet suburban neighbourhood.

Their lives were cut short in a matter of seconds. Every second that's spent on anything but bolstering the city's new road-safety plan is a slap in the face to the families they left behind.

PLUS | Woman dies after hit-and-run • How to join the fight • Safety plan's first test | metroNEWS

metro NEWS

Your essential daily news

Britain's stay-or-go campaign enters the home stretch. **World**

Humans of Toronto by K. Omar

You regret the chances that you never take. My motto is 'I live my life a quarter mile at a time,' to quote Vin Diesel.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Tenants win fight against landlord

HOUSING

Pact includes rent discounts, allowances for moving

Gilbert Ngabo
Metro | Toronto

A recent decision by the Ontario Municipal Board is being hailed as a victory for renters displaced by the city's growing condo boom.

"It's a real David versus Goliath story," said Rocco Mattuci, a chartered accountant and co-chair of the tenant association at 33 Holly St. and 44 Dunfield Ave.

Tenants at both sites have reached an agreement with Compton Management that will see them receive refunds, rental discounts and moving allowances as the landlord looks to build condos in the midtown neighbourhood.

The developer initially wanted to build two highrise condos of 24 and 32 storeys adjacent to the existing rental buildings. They also proposed adding five new levels on top of the 14-storey rental building, with amenities only accessible to new condo owners.

With the new agreement, there won't be any additional storeys added to the existing buildings. Instead, the new condos will be made taller.

The developer also committed to building a community park nearby.

Rocco Mattuci, co-chair of the tenant association, says renters can achieve more by working together. LIZ BEDDALL/METRO

> **A developer isn't going to come and give everyone 50 per cent off.**
> Rocco Mattuci

Mattuci said the agreement gives tenants a rent reduction of between 15 and 50 per cent and the option to stay during the four-year construction period. They can also choose unit renovations, or apply for the new condo at a reduced price. Those who choose to leave will receive a $1,500 moving allowance.

"This goes to show other tenants that if they stick together they can achieve more instead of being at the mercy of the landlords," Mattuci said. "A developer isn't going to come and give everyone 50 per cent off. It's going to be a collective effort."

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1 Vanessa Kay reads under the shade of a tree in Trinity Bellwoods Park, Sunday.

2 Kate Hazell and Zeke Kan spend a hot Sunday afternoon under the shade of one of many trees in the park.

3 Flowers and candles underneath a tree in Trinity Bellwoods Park, where a man was struck and killed by a falling tree limb on Friday.

PHOTOS: LIZ BEDDALL/METRO

'Know that we tried our best to save you'

TRINITY BELLWOODS

Condolences left for man killed by tree branch Friday

May Warren
Metro | Toronto

On a sunny Saturday afternoon in Trinity Bellwoods the only sign that something is out of the ordinary is a small cluster of flowers under a tree with messages of condolences.

In a silver frame is a typed message to the French man who died there, Friday evening, when a tree limb fell on him. He and his pregnant wife were in the country on working visas.

"I didn't know you personally but I held your hand and talked to you," it reads.

"I can only hope that you will hear my message ... and please know that we tried our best to save you."

> **You can't just live your life that way.**
> Kate Hazell

Despite the fresh scene, nearby park-goer Kate Hazell said she didn't feel unsafe at all sitting under a tree.

"I think it's such a fluke," she said, adding friends told her to be careful when she told them she was going to the popular green space.

"You just can't live your life that way."

Vanessa Kay, who came for the afternoon from Scarborough, said the accident did cross her mind as she sat down to read under a tree on the opposite side of the park.

"I'm actually from B.C. and there are just giant trees everywhere. It's not something that I ever consider," she said.

"I think you probably have a higher chance of getting hit by lightning."

How to spot the bad trees

Arborist Aaron Hill, owner of Toronto Tree Removal, advises you to call professionals if you notice something wrong with a tree. Here are a few things to look out for:

•**Deadwood:** Dead branches or dead limbs hanging overhead will eventually fall. One way to recognize it is by looking for leaves in the summer; deadwood doesn't have them.
•**Basal Rot:** This rotting often occurs underground in the roots but can sometimes be seen at the base of the trunk.
•**Structural problems:** The tree may have a pre-existing fault or weakness and if it's hit by a strong enough wind it can split apart along that line.

MAY WARREN/METRO

PUBLIC TRANSIT

TTC debuts 514 Cherry streetcar

Transit aficionados waiting by the Distillery Loop Saturday morning got a chance to ride the first new TTC streetcar route in 16 years.

The 514 Cherry made its first trip around 10 a.m., heading north on Cherry Street before turning west on King Street East and trundling along to Dufferin Street, before ending up at the Dufferin Gate Loop.

Passengers who hopped on the streetcar's inaugural run rode for free — including those waiting at stops along the way. A few of the TTC's old streetcars were also brought out of retirement and put on display at the Distillery Loop for the launch event.

Service on the 514 route is expected to run every 8-9 minutes during peak commuting times, seven days a week. Off-peak wait times will be about 15 minutes or less, said the TTC in a release. Regular service starts Sunday.

Two new bus routes are also being unveiled alongside the 514. The 121 Fort York-Esplanade will mainly run between the Fort York neighbourhood and the Distillery District, while the 72B Pape will run from Pape Station through the downtown to Union Station.

"The 514 Cherry Streetcar will reduce congestion and provide more frequent service along the central section of TTC's busiest surface route, the 504 King," said TTC chair Josh Colle in an announcement at the launch ceremony. TORSTAR NEWS SERVICE

The 514 Cherry streetcar near a stop Saturday. BRAD ROSS/TTC

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TORONTO'S DEADLY STREETS

A parking enforcement officer hands out a ticket downtown while a cyclist has to go around the parked car on May 30. TODD KOROL/TORONTO STAR

A long road ahead

SAFETY

City council to take first look at ways to stop fatalities

Luke Simcoe
Metro | Toronto

Toronto's politicians will get their first crack at the city's new road safety plan Monday, when the controversial strategy is debated at the Public Works and Infrastructure Committee.

Coun. Jaye Robinson, who chairs the committee, has promised amendments to address criticism the plan does too little to prevent death on our roadways.

As our Toronto's Deadly Streets series comes to a close, Metro explains what the plan does — and doesn't do — to make roads safer.

SPEED LIMITS
The centrepiece of the plan is a series of targeted speed limit reductions, acknowledging that speed is a factor in most fatal collisions. Nearly every major thoroughfare in the downtown core, including Bathurst, Bay, Dundas, Queen Street, Spadina and University avenues, and Yonge Street will see speed limits reduced.

SCHOOL ZONES
City staff have proposed creating "school safety zones" where speed limits will be lowered even further and enforcement, including higher fines, will be ramped up. The city also plans to lobby the province to let Toronto use photo radar and other automated enforcement in school zones.

PEDESTRIAN SAFETY
Based on collision data, the city has identified priority locations for pedestrian safety. These stretches of roadway will be redesigned to reduce pedestrian collisions.

SAFETY FOR SENIORS
Adults over the age of 55 represent 26 per cent of Toronto's population, but are involved in 63 per cent of fatal pedestrian collisions. The road plan proposes increasing walk times at intersections near facilities for older adults.

WHAT'S THE GOAL?
The stated goal of the plan is to reduce fatal and serious injury collisions on Toronto streets by 20 per cent by 2026.

WHAT'S THE COST?
The budget for the plan is set at $68.1 million over five years. However, only $28 million has been earmarked in the budget. Some say the budget is too small to effect meaningful change.

'YOU MIGHT JUST SAVE A LIFE'

John Tory urges motorists to slow down, obey signals
Mayor John Tory has recorded a radio spot asking drivers to "keep your eyes on the road, obey traffic signals and slow down."
"You'll get where you're going and you might just save a life," the mayor says.

TORSTAR NEWS SERVICE

JOIN THE FIGHT

Join us in the fight by speaking out about what you see and experience on Toronto streets. Pledge to keep the conversation front-and-centre by sharing a selfie of your bike ride or walk to work via our #TODeadlyStreets hashtag.

Woman dies after hit-and-run

A woman who was fighting for her life in hospital after a hit-and-run in Scarborough on Friday has died, police say.

The 25-year-old was struck early Friday morning by a van which continued southbound on Danforth Rd. after the collision.

A pedestrian and a driver found the injured woman lying on Danforth Rd., just south of St. Clair Ave. E., around 3 a.m., police said.

At the time, officers were trying to determine what the pedestrian was doing before she was injured.

"It is possible that she was lying on the roadway, standing on the road, or attempting to cross," Const. Clint Stibbe told Torstar News Service on Friday.

Police are looking for van with a darker tone on top and lighter tone on bottom.

Anyone with information is asked to contact police at 416-808-1900 or Crime Stoppers anonymously at 416-222-TIPS (8477).

TORSTAR NEWS SERVICE

Turning compost into organic cash

ENVIRONMENT

City produces 280K tonnes of organics every year: Report

Approximately 40 per cent of the city's garbage sent to landfill is organic material that could be composted instead.
KATIE DAUBS/TORSTAR NEWS SERVICE

Forty per cent of Toronto's residential garbage sent to the landfill every year is organic material that could be composted and turned into cash, according to a new report.

"There's a lot of money that can be made just by processing our organics and you also get good, nutrient-rich compost at the end of it," says Emily Alfred, of the Toronto Environmental Alliance.

On Monday, Alfred will urge members of the public works and infrastructure committee to make diverting organics from landfill the first priority of the city's long-term waste strategy.

It's estimated Toronto's industrial, commercial and institutional sector generates 840,000 tonnes of waste every year, 280,000 tonnes of it food and organics, according to the environmental alliance's latest report, called Organics First: Setting Toronto on the Zero Waste Path.

A decade after Toronto became the first major North American city to mandate green bins to collect organics from houses, many highrise apartment and condo buildings with private garbage services still don't compost food waste, the report notes.

"We think the city should pass a law that all condos and apartments should have to have green bins, and all businesses should have to compost food waste as well," Alfred said.

Staff is recommending council endorse a goal of, by 2026, seeing 70 per cent diversion of materials collected from industrial, commercial and institutional customers that receive city services.

Toronto's strategy, which must be approved by council, outlines some options to require more diversion from the commercial sector, even those that don't rely on the city for services.

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‘Not my responsibility to forgive them’

TIM BOSMA

With killers jailed, widow deals with new normal

A metal gate looms at the foot of Sharlene Bosma’s rural Ancaster driveway.

“Never again will a stranger walk down my driveway,” Sharlene, 36, said Saturday, just one day after her husband’s killers were convicted of first-degree murder.

She put up that gate almost immediately after Tim was killed. It is an imperfect barrier, but it makes her feel safe. It is meant to keep out the “evil” that once walked up that driveway — the kind she didn’t know could exist in strangers.

Because it was strangers who took her husband away from her on May 6, 2013. Those “monsters” walked up to her garage and looked her in the eyes and smiled before they left the house that night with Tim.

On Friday night after the verdicts came in, she threw a party. They drank champagne and toasted to Tim. But on Saturday, it was quiet again. The first day of their new normal.

She had coffee on the porch and reminisced about what the last three years have been like.

“You know where I’m not going to be Monday? Court,” she says with a grin.

Throughout all of this, much has been made about the Bosmas’ Christian faith. It has carried them through this excruciating experience. But that does not mean Sharlene Bosma is willing to forgive her husband’s murderers. “It’s not my responsibility to forgive them,” she says. “That’s up to God.” TORSTAR NEWS SERVICE

Sharlene Bosma. PETER POWER/THE CANADIAN PRESS

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LGBTQ

Bookstore eyeing dual role to survive

Michael Erickson anticipates that Church Street will be the future home of Glad Day Bookshop. LIZ BEDDALL/METRO

Gilbert Ngabo
Metro | Toronto

Toronto’s oldest and largest LGBTQ bookstore is looking to flip the pages for survival.

Tucked away on the second floor of a building near Yonge and Wellesley, the Glad Day Bookshop has been in the business of selling LGBTQ-themed books since 1970. Currently the store has over 4,000 titles in stock.

But a recent drastic drop in sales of books, magazines and DVDs, coupled with the rising cost of rent and amenities, is forcing owners to scramble to keep their business afloat.

“If we want to stay open, we have to find new revenue streams,” said Michael Erickson, one of the shop’s 23 owners.

The group, who pooled the money to buy the bookstore from the original owner in 2012, thinks they’ve found the perfect model to stay afloat: Sell books during the day, and turn the place into a bar and event venue at night.

They’ve already identified a new space on Church Street, which is on the ground floor to facilitate wheelchair accessibility. They hope to be moved in by August, and have launched an indiegogo campaign to help fund the transition.

The new, street-level location is important, Erickson said, since it gives local LGBTQ people the visibility needed, especially now in the aftermath of the recent attack on the Orlando gay nightclub.

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Finance ministers to talk pension changes

RETIREMENT

Feds seeking to expand program

Kent Peterson would forgive anyone who might think he's got nothing to worry about when it comes to his retirement — or, for that matter, what happens to the Canada Pension Plan.

After all, the 27-year-old has a unionized, full-time job with the Saskatchewan Federation of Labour. Most folks would likely assume he has a robust workplace pension plan to help him save for his golden years.

Except he doesn't.

"I'm relying solely on the CPP," Peterson admitted in an interview. "I've envisioned my retirement, and it's not happy and rosy, to be honest with you."

Peterson will be watching the outcome of meetings Sunday night and Monday as the country's finance ministers try to hammer out a preliminary agreement on an expanded Canada Pension Plan — one that's likely to include higher benefits and an increase in the premiums that come off the paycheques of workers.

One central issue: whether to impose an across-the-board change on all workers and employers, or to more selectively target those Canadian workers who are the least likely to save.

Federal research has suggested the latter group tends to be under the age of 30, earns between $55,000 and $75,000 , and either doesn't save enough or lacks access to a workplace pension plan.

The federal and provincial governments are looking at a possible increase in the $55,000 cap on annual maximum pensionable earnings, which would result in both higher premiums and increased pension benefits.

THE CANADIAN PRESS

$45B
Total contributions to the Canada Pension Plan in 2015

5.3M
Total CPP beneficiaries in 2015

$19.97
Maximum individual monthly benefit payout in 1967

$1,092.50
Maximum individual monthly payout in 2016

$38.7B
Total benefits paid out to eligible Canadians in 2015

$269.6B
Total net assets of CPP as of March 31, 2015

$1.3B
Cost to operate CPP in 2015

$290B
Size of the 2016 federal budget

HEALTH

Fort McMurray's new little resident

Alex Boyd
Metro | Edmonton

The first baby has been born in Fort McMurray's hospital since the city was evacuated in early May.

Eli Danny Roy Mercer was born Friday morning at the Northern Lights Regional Health Centre weighing 6 pounds, 7 ounces. Eli is the second child for Melissa Taylor and Steven Mercer, who say they're grateful he could be born in their home community.

"It was the deciding factor for us to come home, knowing that the hospital was back up and running," Taylor said, in a press release from Alberta Health Services. "I didn't want to have my baby anywhere else."

Juanita Pilgrim, manager of the maternity/child unit, said the birth marks a return to normal for hospital staff.

"We're all caregivers, it's what we do. We're so glad to be back doing our jobs and able to support moms in labour and help bring babies into the world. Fort McMurray is our home, too," she said, in the same release.

Eli Danny Roy Mercer is Fort McMurray's newest resident.
CONTRIBUTED

Emergency services at the hospital resumed on June 1, and core regional health-care services, like obstetrical, pediatric and inpatient psychiatry services, followed two weeks later.

The hospital will return to providing full comprehensive services next week, and will start bringing long-term care patients back on June 23.

Alberta Health Services said that those previously asked not to return to the city — including children under 7, and those with a chronic or acute medical condition — can now go home safely.

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WHERE ARE THEY COMING FROM?

54%
Of refugees come from these three countries

TOP HOSTS

1. Turkey 2.5 MILLION
2. Pakistan 1.6 MILLION
3. Lebanon 1.1 MILLION
4. Iran 979,400
5. Ethiopia 736,100
6. Jordan 664,100

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That number is the highest since the Second World War, despite a slowing rate of increase, a new report from the United Nations Refugee Agency says. If the entire population of refugees and migrants were a country, it would be the 21st largest in the world, the report says. The numbers, and the stories of those affected around the world, paint a harrowing picture. **METRO**

CHILDREN

98,400

This is the number of unaccompanied or separated children. This was the highest number on record since UNCHR started collecting such data in 2006.

51%

The percent of the displaced population in 2015 that were children below 18 years old

24

On average 24 people were displaced from their homes every minute in 2015

Ifara and Ismael

Central African refugee Ifara Antoinette, 41, attempts to comfort her one-year-old baby boy Ismael shortly after he was tested for signs of malnutrition. Thousands of refugees from the Central African Republic are gathered in an encampment on the banks of the Oubangi River in Gbangara spontaneous site in Equateur province, the Democratic Republic of Congo. B. SOKOL/UNHCR

Rule — a Daesh survivor

Rule, a Yazidi woman who was kidnapped by Daesh, pictured in a northern Iraq camp. She and her two grandchildren were released in January 2015. Her 35-year-old daughter is still being held, and is believed to have been taken to be sold in Raqqa, Syria. She raised her daughter as a single mother, after her husband's death in the Iran-Iraq war 34 years ago. A. MCCONNELL/UNHCR

Haqmal the young scholar

This is Haqmal (centre), a six-year-old returnee from Pakistan, and his friends. He attends the Ansarul-Momineen School in, Kabul District, Afghanistan. Haqmal says he loves school. "Writing is my very best subject," he says. "I love cricket. I used to play cricket all the time in Pakistan." UNHCR

Maribeth the dancer

When Maribeth Palacios was seven years old, armed guards killed her mother and sister. She fled and has never returned to her home town. She now works as a cook and traditional dance teacher in Florida. HELENA CHRISTENSEN/UNHCR

Ziad — struggling to stay warm

Syrian refugee, Ziad, 45, and his children, Tarek, 6, Mustafa, 7, and Hamzi, 3, look out from their shelter while trying to find warmth, in the Bekaa Valley, Lebanon. "We live in this tent out of necessity," Ziad said of the tent's conditions …We are trying to keep warm but as you can see we don't even have wood to burn." UNHCR

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MASS SHOOTING

Orlando survivors will carry the scars

A week has passed since the Orlando nightclub shooting that killed 49 club patrons and the funeral processions are wrapping up, but survivors and victims' families say they realize the nightmare will live on long after the world's attention fades.

Jeannette McCoy made it out of the Pulse nightclub alive on June 12 as gunman Omar Mateen continued a shooting that also wounded and maimed 53 others before he died in a hail of police gunfire.

McCoy said the love and support can only do so much to help. It's a temporary balm, she said, and she worried that while life may return to normal for some people after the world's attention moves on, it won't for Orlando's LGBTQ community.

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Britain readies for referendum on EU

EUROPEAN UNION

Campaign resumes after Labour MP Jo Cox's murder

Britain's long and difficult referendum campaign has resumed in earnest after a three-day halt caused by the killing of Labour Party lawmaker Jo Cox in a brazen knife and gun attack.

The death has cast a pall over the referendum set for Thursday, and its impact on the eventual results — if any — is unclear.

The campaign tone was perhaps a bit more moderate Sunday as both sides in the bruising battle over whether Britain should remain a member of the 28-nation European Union seemed to take a more civil approach.

The content remained the same: the "remain" camp predicts economic doom if Britain leaves the EU while the "leave" campaign warns of the perils of uncontrolled immigration unless Britain strikes out on its own.

Liberal Democrats leader Tim Farron greets supporters after arriving in the Liberal Democrat Vote Remain campaign bus in east London on Sunday. AFP/GETTY IMAGES

Prime Minister David Cameron, leading the "remain" campaign, invoked Cox's memory as a contrast to the values of some of the "leave" campaigners, singling out UK Independence Party chief Nigel Farage for taking a negative approach.

In a newspaper column, he said Cox — who favoured EU membership, and wanted Britain to do more to help Syrian refugees — offered a hopeful vision for Britain while Farage wants to divide the country, not unite it.

"Are we going to choose Nigel Farage's vision — one which takes Britain backwards; divides rather than unites; and questions the motives of anyone who takes a different view. Or will we, instead, choose the tolerant, liberal Britain; a country that doesn't blame its problems on other groups of people," he said.

With the resumption of campaigning, including a London rally featuring former Mayor Boris Johnson, a popular "leave" figure, fresh attention was focused on a poster unveiled by Farage's supporters hours before Cox was killed.

THE ASSOCIATED PRESS

BALLOT BOX

Britain goes to the polls on June 23 to vote to leave or remain in the European Union in a referendum.

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Your essential daily news
Monday, June 20, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
I almost got doored but I let it go. Should I have said something?

Dear Ellen,

I am a cautious cyclist but I recently nearly got doored when a cab pulled into the bike lane and the passenger opened the door. I stopped just in time, and nobody got hurt. I kept going without saying anything. Then I heard the cyclist behind me start screaming at the cab. Should I have said something? How do you politely tell the offending motorist what's what?

Signed,
Cathy

Dear Cathy,

You letter makes me love Canada, for where else could a law-abiding citizen be as upset about public profanity as with almost being killed?

The fact is, getting doored is extremely upsetting, but it can also be shocking and sometimes physically dangerous for the car driver or passenger — which can give some satisfaction to some of us. In general, in the aftermath of near-dooring, you needn't feel bad about riding off without saying anything. There are precious few times in life when a person is entirely in the right and entitled to some sharp words with someone who is entirely in the wrong, but if in the moment you choose for whatever situational, spiritual or emotional reason to believe that the door-opening party has experienced a highly teachable moment and is unlikely to repeat the mistake, with or without a verbal dressing-down from you, you're within your rights to invoke the no-harm-no-foul principle.

But close shaves with cabbies might require extra corrective action. Cab drivers, of all people, ought to know the hazards cyclists are subject to. And, as drivers responsible for the safety of their passengers, they should always check the curb lane for two-wheeled traffic before allowing their charges to exit. As for those who fail in this regard, even to the point of pulling into a dedicated, delineated bike lane to disgorge a human being into the paths of hurtling cyclists — well, screaming and swearing are unlikely to educate such selfish, oblivious boobs, but I wouldn't blame any upset cyclist for trying anyway.

I myself prefer to inflict a different kind of torture to offending drivers. Any time a car cuts me off, nearly doors me or startles me with honking, I deliver a long, extremely polite lecture, in very simple language, as if I were speaking to an exceptionally stupid alien from a planet without bicycles. I find this to be a relaxing exercise that always helps to take the edge off after someone has almost killed me.

Sometimes the exercise is more exercising than relaxing, as when, in order to deliver my helpful lecture, I have to chase the car for a block or two, then circle around to the front of the vehicle to trap them at a light, or block the driver door if they've pulled over to park. Once, when I was younger and fitter, I chased a pickup truck for at least a kilometre, and managed to catch up and confront the driver as he was getting out of his vehicle. Boy was he surprised. In fact, when I politely started to ask him why he'd almost run me over, he started screaming and swearing at me. Actually, as he started to advance on me, it was lucky I was still on my bike so I could ride away before he had time to reach me on foot or get back into his over-amped truck and chase me.

Looking back, I now see that risking my life a second time in a bid to educate a driver might not have been the wisest thing. And I probably contributed to his almost running over any number of cyclists after that.

Actually, Cathy, I think your riding off without a word was the right thing to do. Thankfully, the majority of drivers are careful around cyclists these days, so when you encounter a bad one, it's probably best to leave quietly and in one piece.

Need advice?
Email Ellen:
scene@metronews.ca

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ROSEMARY WESTWOOD

'Deep dive' is as shallow as it gets

Finance Minister Bill Morneau, rest assured, has this housing marking crisis under control. You can tell by his evocative language.

"We're making sure that we have a deep dive into the information to ensure that any considerations we have for change are evidence-based," he said this week.

Deep diving is now de rigueur, it's en vogue. In the space of a day of radio broadcasting, one reporter noted medical students taking a deep dive into HIV and AIDS policy and a listener to a call-in show talked of a deep dive in post-secondary funding. And the New York Times published a recent "Deep Dive Into Benjamin Zander's 'Shining Eyes.'"

Everywhere you look, people are strapping on the intellectual scuba gear. Online slang dictionaries peg the earliest metaphoric, non-aquatic use of the term to 2009. Katherine Barber, founding editor in chief of Canadian Oxford Dictionary, hadn't yet encountered this slang when I called her up last week, but it didn't take too long to confirm its soaring status.

"Yes, it is increasing in frequency in use," she said, after consulting the Corpus of Contemporary American English. "It is a buzzword, isn't it!"

Most of the recent mentions were from news reports, she noted, though we both agreed it sounded like a business term (run amok, I added).

And, of course, it's apparently already over.

The business website The Muse dubbed it a word to stop using way back in 2013: "Do you need a wetsuit for that? Why use such a metaphorical phrase when you could just say you'll investigate something?"

My thoughts exactly. Deep diving reeks of trying too hard to sound down with the lingo, and already sounds cliché. In this era of quick hits and hot takes, to promise a "deep dive" is to immediately raise suspicion about the dive's true depth. What are you doing the rest of the time, Mr. Morneau? Shallow diving with a snorkel?

Barber is kinder to deep diving than I. "It's very evocative, right? You have an image of your head of the scuba diver going way, way down to the bottom of the ocean to look at things."

Of course, she's right. A deep dive is far more cinematic than a close look. It might work in a boardroom, where people are always circling back, working on a go-forward basis and executing actionables. But as language that's supposed to assure me we're serious about addressing the 37 per cent jump in Vancouver home prices in just the last year, for example?

I'd rather, Morneau, that you simply investigate.

metro LIFE

Your essential daily news

Meet Anvitha Vijay, 9, Apple's youngest developer. She learned coding at age 7 from YouTube

Workout for fighting White Walkers

HEALTH

Game of Thrones trainer offers tips for staying fit

Kit Harington's trainer knows nothing of Jon Snow.

That's because celebrity fitness expert Dalton Wong doesn't watch Game of Thrones, the HBO drama starring his client.

Though several actors from the popular fantasy epic work out at the Victoria B.C.-bred trainer's U.K. studio, Twenty Two Training, Wong doesn't care whether they defeat the White Walkers or "always pay their debts."

"People ask me a lot of questions about (the show), and I truthfully say 'I don't know,'" he says.

Wong is concerned about whether his Game of Thrones clients choose vodka-water or a pint of beer at their next A-lister party.

Choosing the former is among the many fitness and nutrition tips Wong lays out in his new book The Feelgood Plan (Sterling Epicure: $24.95), written with his client Kate Faithfull-Williams, a health and fitness writer, and featuring a forward by Academy Award-winner and Wong's client Jennifer Lawrence.

Trainer Dalton Wong, seen left with Kit Harington of Game of Thrones, took reporter Jonathan Forani (above) through a Game of Thrones workout. TORSTAR NEWS SERVICE

What inspired your book?
It's 20 years of what I've been doing, teaching people how to live a healthy lifestyle. Why people like Kit (Harington) like coming to see me is I teach them those other things that people don't really talk about — like how to go to an A-lister party, how to go to the pub, how to drink, how to go out.

What's a celeb tip for going out? When you go to a pub, don't drink pints, drink bottled beer.

Why is that?
It's portion control. Most diet books tell you "Don't drink and don't eat chocolate." Come on, these guys are Hollywood stars. They want to go and have fun. My thing is to tell them: here's what you can and can't have, go out and have fun, make sure you're back to work and back to the gym. With that approach, you'll still look good and you'll still feel amazing.

What are some celebrity rules for eating out?
For them, if they're going out drinking, I never let them go out on an empty stomach. If they're going out to eat and they're drinking, they will probably eat a little bit less so they can have a bit more fun. If they're going out drinking, they would have clear spirits like vodka rather than whisky or rye.

Is that the celebrity drink of choice?
It's just really low calorie. What I like to tell people is if you're out and you have something very clear, no one can tell if it's sparkling water or not.

Let's talk food and the gym.

Can you ruin a workout with a pizza?
Yeah. Or you go to the gym and you haven't eaten anything beforehand (mimics struggling to lift weights) — it's pointless.

Lots of people put so much emphasis on the exercise and not about the food.

Should you eat before you go to the gym?
It depends. I don't. I can have a green drink and a coffee, and I don't. That's just my personal preference and I don't lift very heavy weights. If you want to lift heavy weights you do need some fuel in that gas tank. But it's not using Red Bull or (energy supplement) creatine.

TORSTAR NEWS SERVICE

THE MOVES

Reporter Jonathan Forani met with Wong to try what the Star has dubbed the Game of Thrones workout he designed for Harington. The routine features plenty of torso-twisting, similar to movements Harington might have to do on the show.

Here are a few of the exercises:

Bridge lift
On your back, with feet flat on the ground, legs in a 90-degree angle, lift the hips up towards the ceiling until the body is straight. Repeat this motion for one minute, then hold it in the bridge position for one minute.

Side to side
Then, with feet and back flat on the ground, legs in a 90-degree angle, keep the knees together and move them side to side all the way to the ground on the left and then the right. Repeat this motion 10 times.

Lunge walks
Crouched down, hands on the floor, with the left leg ahead and the right leg behind, push the left knee out, stretching the groin. Step forward with the right leg, pushing out the knee with your right elbow. Do 10 steps.

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Saving $40K in 2 years

HOW ONE WOMAN DID IT

MONEY MATTERS

Frugal living helped one Vaz-Oxlade fan buy her home

Gail Vaz-Oxlade
For Metro Canada

One of the pleasures of going on a book tour is the people I get to meet.

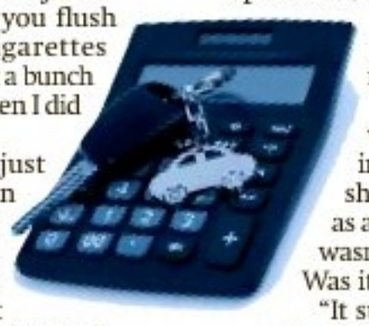
Let me introduce you to Jane who I met on my recent trip for my latest book, Money Talks. (Jane isn't her real name, you know that.) So Jane walked up to me, eyes sparkling, a huge grin on her face. "You saved my life!" she says very matter-of-factly.

"You exaggerate," I grinned at her.

"Only a little," she smiled back at me. "Because of you I saved $40,000 in two years so I could buy a home."

"Wow!" I said, very impressed. "How'd you do it?"

"The first thing I did was quit smoking," replied Jane.



"I watched you flush that guy's cigarettes down the toilet a bunch of times and then I did it."

Jane saved just over $7,000 in two years just doing this. "I opened up a savings account and called it 'Not Smoking' and every week I moved the equivalent of what would have gone up in smoke into savings."

What else did Jane do?

She started to carpool with a couple of friends. "And I started making my trips really count by doing all my errands at once.

"I figure I was saving about $25 a week in gas alone never mind the maintenance on my car."

Then when Jane's car payment ended, she channeled the money from the car payment into her savings. "I was spending $372.27 a month on my car loan. So I opened up another account and called it 'Car Savings' and ended up with $9,450 in it."

Were there any downsides to her rabid savings plan?

Yup. There wasn't a lot of going out. And because she took in a student as a roomie, there also wasn't a lot of privacy. Was it worth it?

"It sure was. My roommate saved me $400 a month on my rent. And I saved about $270 a month on entertaining myself and my daughter, Julia, at home."

"Let me guess," I said, "another savings account."

"Yes ma'am," said Jane.

"How much?"

"$6,880."

"You're still a long way of $40K," said I.

"Not so long" said Jane. "I had some help."

"Mom and Dad?" I asked.

"Everyone I know," she laughed. "I told anyone who would normally give me a present for my birthday or for Christmas to give me $20 instead to help me get the best present ever: a home of my own."

Another account?

Yup.

"I have wonderful parents who really wanted to help. My father had a huge garage sale and added it to my House Savings account."

How much? $1,200 in two years. Nice family and friends!

"How'd you come up with the rest?"

"The usual: I only shopped for Julia in second hand stores and didn't buy very much for myself.

I brown-bagged it at work, switched from coffee to tea and stopped buying books and renting movies. We spend every Saturday at the library. It's entertainment and we get to bring home stuff."

"Well done," I said.

"Thanks," she said. "I couldn't have done it without you."

Actually, she could have, but I was glad to have helped.

For more money advice, visit Gail's website at gailvazoxlade.com

SLEEPING PROBLEMS

Pills aren't a panacea

Pop a pill, hit your pillow and drift off into glorious slumber each and every night.

If only it were so easy.

Two thirds of Canadians say they wish they could get a better sleep, according to a recent study, but sleep specialists want you to know: there's no miracle pill, or over-the-counter medication that will solve your sleep woes permanently.

"I worry that we've come to a place where, when folks have trouble sleeping, it's easier to take a pill than it is to do the work that actually has better evidence to help restoring sleep and that's certainly safer," said Jamie Kellar, an assistant professor with the University of Toronto's Leslie Dan Faculty of Pharmacy. "These shouldn't be lifelong treatments."

Safer, nonpharmacological measures of establishing better sleep patterns include; going to bed and waking up at the same time every day, sleeping in a dark room, avoiding stimulating activities and limiting caffeine, alcohol and nicotine closer to bedtime, Kellar said.

"Those are the things that have a more solid evidence base for actually improving sleep over the long term," said Kellar. "But they're hard. They require you as an individual to do something."

If those attempts fail and your sleep problems persist, you should see a sleep specialist, said Dr. Mark Boulos, a neurologist specializing in stroke and sleep work with Sunnybrook Health Sciences Centre and an assistant professor with the University of Toronto.

The next step might be cognitive behavioural therapy — talking out the psychological reasons why you struggle with sleep — or, possibly, sleeping pills.

The most popular pills prescribed by specialists to treat insomnia include benzodiazepines, such as Valium or Ativan, or benzodiazepine-like drugs, such as Ambien, said Boulos. Antidepressants and antipsychotics with sedative side effects may be prescribed, sometimes in instances where a patient is struggling with multiple disorders, said Boulos, though he stressed that these are not first-line medications. Boulos said prescription sleeping pills should be taken in the short term — ideally only for a few days — as long-term use can lead to higher risks of falls or accidents, a higher tolerance for the medication, dependence on the drugs, withdrawal issues and possible cognitive problems, he said.

"If you can do without the use of medication, that's always optimal," he said. "The body was designed to run without pills."

His message is simple: there are a range of reasons why people have sleep problems, including stress, aging or other health conditions. Working with a specialist will be your best course of action to tackle your problems. If you are experiencing ongoing sleep problems, you should speak with your doctor or a sleep specialist, he said. TORSTAR NEWS SERVICE

Specialists say there is no miracle pill that will help you sleep better in the long term. ISTOCK

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YOU CAN DO THIS WELDER

'Overall, welding is an artistic trade'

WHY I LIKE MY JOB

Emily Vickers, 26, Pipe Welder/ Welding Inspector at Westlake Industries, Burlington, Ont.

I always knew I wouldn't have a traditional job, and when I started welding I thought, 'This is it!'

At the age of 22, I researched where the jobs were before I decided what I wanted to be. I decided to enrol in a year-long welding course at a private trade school. I had never worked with tools before, but the program helped me prepare for government-regulated tests in structural beam welding and simple piping.

Currently, I am responsible for welding process piping for stainless, carbon and chrome pipelines. It is my duty to make sure all pipes are rigged and welded seamlessly to be deemed safe for use in the field.

I see more women getting into the welding industry each year, which I find very exciting. In my experience, women often have a better eye for detail and, dare I say, make the better welder. The job can be physically demanding, but that doesn't mean that women are incapable.

Overall, welding is an artistic trade. I enjoy my job because at the end of the day I can look back and say, 'I built that.' But I'm no starving artist; I was able to walk away from my apprenticeship debt-free, with money in the bank. I am buying my first home this week!

THE BASICS: Welder

$51,193

$51,193: Median salary of welders in Canada. An apprentice will start at a lower rate but gradually earn more as they pursue their journeyperson certification. Advanced welders can make upwards of **$85,000.**

+5%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, academycanada.com, jobbank.gc.ca and onetonline.org.

HOW TO START

A combination of over three years of work experience and post-secondary certification is typically required to be considered a qualified welder in Canada. Students can fast-track into an apprenticeship following a one-year welding techniques certificate program; however, colleges with two-year welding technician or inspection programs also serve as a common route to employment.

WHERE YOU CAN GO

Certified welders can expect to find work in a number of environments, including paper mills, ship yards, steel fabrication shops, construction sites and refineries. The recent surge in urban construction has sparked a particular demand for workers who specialize in piping systems. Those with the capacity to work with high-tech welding applications and programmable electronic equipment may find more opportunities for speciality work and career advancement.

NEXT CAREER STEP

Since so many professional industries rely on welders, the trade promotes professional development in several ways. With experience, a certified welder may opt to become a welding inspector, underwater welder, shop supervisor or sole-proprietor. Accredited journeypersons may also qualify for the Red Seal endorsement, enabling workers to practice welding in any province.

TORONTO STAR Teacher Award

Do you know a special teacher?

We're asking Toronto Star readers to nominate an educator in the teaching profession for the 8th Annual Toronto Star Teacher Award.

SUBMIT YOUR NOMINATION, INCLUDING THE FOLLOWING INFORMATION:

- First and last name of the teacher
- Where the association with the teacher took place (provide the name of the school/teaching facility and city)
- Dates of association with the teacher
- Your name, address and daytime telephone number
- Your relationship to the teacher (i.e. student, parent of the student, former student, colleague).

In 250-500 words, provide a personal account explaining why this teacher deserves to be recognized with the Toronto Star Teacher Award. This may include a brief description of his or her qualities, teaching characteristics, specific examples of the teacher's efforts, dedication, mentorship or the difference he or she has made to your life or the lives of others.

DEADLINE FOR NOMINATIONS:

Thursday, June 30, 2016 at 11:55 pm ET. The 2016 Teacher Award recipients will be announced in the Toronto Star in September 2016.

SEND YOUR NOMINATION TO:

Toronto Star, One Yonge Street, 5th Floor, Toronto, ON M5E 1E6. You can also submit your nomination online at: **thestar.com/teacheraward**

RULES:

1. Nominee must be a certified Ontario teacher at the elementary or secondary level.
2. Your story must have taken place between September 2015 and June 2016.
3. Teachers may not be nominated by a member of their family.
4. All nominations must be accompanied by the 250-500 word personal account.

TORONTO STAR thestar.com

TORONTO STAR CLASSROOM CONNECTION

Storied Kingston

Kingston is Canada's first capital and Ontario's oldest city, so as you can imagine, it has a rich history worth discovering.

CONTRIBUTED

Reliving Fort Henry

A visit to this historic site and museum will plunge you right into the heart of 19th century military life.

Tour the museum

Take a self-guided tour and discover the people who helped shape Canada's history, using interactive modules to learn more about the site.

Watch the Guard march

The Fort Henry Guard, comprised of university student recruits trained as British soldiers from 1867, perform every day at 3 p.m.

Haunted Walk of Kingston

It's a spine-tingling way to unearth Kingston's mysteries. During a 90-minute walk by lantern light, the city's ghosts help uncover hidden cemeteries and other frightful secrets.

Historic walk along the Waterfront Pathway

This eight-kilometre trail along Lake Ontario features fascinating historic sites.

Bellevue House National Historic Site
(35 Centre Street)

The home of Canada's first prime minster, Sir John A. Macdonald, this landmark has been completely restored in the style of the 1840s. Learn about the life of one of the country's founding fathers from interpretive staff dressed in period costumes.

Fort Frontenac
(1 Ontario Street)

Walk along the ruins of this fort built in 1673, which has been destroyed and subsequently built again numerous times. The scene of many battles, it features sections of the limestone curtain walls still standing — the last visible vestiges of the fortress.

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Antiquing

What better way to follow up your historical tour of Kingston than with some charming antiquing?

Antique Alley
(207B Wellington Street)

Spanning over 4,000 square feet, it is the biggest antique shop in the downtown core, staffed with eight salespeople to help you find collectibles, vintage clothes and other retro items.

End of the Thread Antique Emporium
(201 Princess Street)

Not your typical antique store, this shop of wonders houses eclectic items, repurposed industrial pieces and kitschy giftware.

Transit

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metro SPORTS

Andy Murray claimed a record fifth title at Queen's Club Sunday as he recovered from a set and 3-0 down to beat Milos Raonic 6-7 (5), 6-4, 6-3

NBA FINALS CLEVELAND FINALLY GET A CHAMPIONSHIP
The Cleveland Cavaliers beat the Golden State Warriors 93-89 on Sunday to win the 2016 NBA championship. Go to metronews.ca for coverage of Game 7. ANDREW D. BERNSTEIN/NBAE/GETTY IMAGES

HOCKEY NIGHT IN CANADA

Sources: Ron to swap back in for Strombo

George Stroumboulopoulos won't return as host of Hockey Night in Canada next season, sources tell Torstar News Service.

His replacement will be the man he replaced. Industry insiders say Ron MacLean is expected to return to the show's No. 1 seat just two seasons after Stroumboulopoulos was hired with much fanfare in the wake of Rogers' $5.2-billion acquisition of NHL broadcasting rights. Prior to that, MacLean occupied the job from 1986 until 2014.

George Stroumboulopoulos GETTY IMAGES

The ouster of Stroumboulopoulos marks a strategic about-face for Rogers, which sublicenses Hockey Night in Canada to CBC.

Ron MacLean told the Canadian Press Sunday night that "nothing's official"

TORSTAR NEWS SERVICE/ THE CANADIAN PRESS

Dustin has his day

U.S. OPEN

Johnson earns peace of mind with first major victory

Dustin Johnson settled the score Sunday in the U.S. Open.

Johnson atoned for his past mishaps in the majors by showing he had the smarts to handle the toughest test in golf, even while playing the final two hours without knowing where he stood when the USGA questioned whether he should be penalized one stroke for his ball moving on the fifth green.

Johnson said it didn't. The USGA said it would wait until after the round to decide.

America's most powerful golfer took matters into his own hands at Oakmont, capping off a chaotic and confusing final round by stuffing his approach into five feet for a birdie that made the penalty a moot point.

The USGA ended up penalizing him, turning that 68 into a 1-under 69. The score was irrelevant. He won by three shots.

Finally, he's a major champion.

Johnson scooped up 18-month son Tatum into his arms on Father's Day and raised the silver trophy for all to see.

Dustin Johnson celebrates with partner Paulina Gretzky and son Tatum after winning the U.S. Open on Sunday evening in Oakmont, Penn. DAVID CANNON/GETTY IMAGES

"I've been here a bunch of times and haven't quite got it done," Johnson said. "But today, I did. And it feels really good."

He saluted a Pittsburgh crowd that was on his side even amid all the uncertainty. The grandstands were raucous, with one fan shouting, "What's the call, USGA?" At the trophy presentation, when Fox Sports announcer Joe Buck brought up the penalty situation, the crowd booed.

"I just tried to focus on what I was doing, not worrying about the penalty stroke," Johnson said. "Just playing golf from here to the house."

He slammed the door at the end — a 10-foot par save on the 16th hole to keep his lead at two shots, a solid par on the 17th as Shane Lowry was self-destructing behind him, and a shot into the 18th that plopped down near the pin and settled five feet away for birdie.

"Might be one of the best shots I've ever hit under the circumstances," Johnson said.

He finished at 4-under 276, the lowest winning score in nine U.S. Opens at Oakmont.

THE ASSOCIATED PRESS

MLB

Stroman lets Jays down against O's

In a duel between prolific offensive teams, the Toronto Blue Jays were unable to overcome a disappointing outing for Marcus Stroman.

The Baltimore Orioles amassed a season-high 19 hits against Stroman and five relievers, and the Blue Jays wasted homers by Troy Tulowitzki and Devon Travis in an 11-6 loss Sunday.

"Our guys did a really good job swinging the bats, and it was plenty good to get a win," Stroman said. "So it's frustrating not to be able to do my job." Stroman (6-3) gave up seven runs and 10 hits over 3 2/3 innings in his shortest outing of the season. The right-hander is 2-3 with a 7.59 ERA over his last seven starts.

On a hot day at Camden Yards, Stroman couldn't find an easy out in a lineup filled with sluggers.

Marcus Stroman GETTY IMAGES

"They can beat you 1 through 9, and you have to really be on your game when you're facing them," Stroman said. "If you're not, they're going to expose you and take advantage of you, like they did today."

Matt Wieters had four hits, including a homer, and drove in four runs to help the Orioles win the deciding matchup of the three-game series between AL East foes. Jonathan Schoop homered and drove in three runs for Baltimore, and Chris Davis had three hits and scored three runs.

THE ASSOCIATED PRESS

IN BRIEF

Canada rugby dream dies

Canada's Olympic men's rugby sevens dream was extinguished Sunday in a 14-12 loss to Russia in the quarter-finals of a last-ditch qualifying tournament.

The first half was a cagey affair with Russia taking a 7-0 lead with no time remaining on a converted try by German Davydov. Conor Trainor answered for Canada before Vladimir Ostroushko broke through a pair of tackles for a converted try that gave the Russians a 14-7 lead with under three minutes to play. THE CANADIAN PRESS

MacDonald left bloodied by dominant Wonderboy

Stephen (Wonderboy) Thompson won a unanimous five-round decision over Rory (Red King) MacDonald in a battle of top welterweight contenders at UFC Fight Night 89 Saturday night.

As promised, it was a technical fight with both men looking to control the range. Thompson kept on the move and was more active, with MacDonald struggling to score — or come up with a solution.

THE CANADIAN PRESS

Historic victory keeps Albanian hopes alive

EURO 2016
GROUP STAGE

Minnows may qualify to KO stages with first major win

It's going to be a long three days for Albania as the small Balkan country waits to find out if it's to qualify for the knockout stages of the European Championship.

Albania kept its hopes of qualifying for the round of 16 alive with a 1-0 victory over Romania on Sunday, a result that eliminated its opponent.

The result meant Albania, playing in its first major tournament, went above Romania in the group rankings into third place with three points, and still in with a chance to make the round of 16.

"It was historical for us to reach the European Championship's final stages, and finally we have won the three points," Albania centre back Arlind Ajeti said via a translator. "We have made history."

Ajeti and the Albania team will have to wait until the group stage of Euro 2016 finishes on Wednesday before it finds out whether it will be one of the four third-place teams to make it through to the next round.

Armando Sadiku scored Albania's first-ever European Championship final goal on Sunday against Romania. JEFF PACHOUD/AFP/GETTY IMAGES

GROUP A In Lyon

1 0

Albania's future in the competition depends on what happens over the coming days but coach Giovanni De Biasi said his team will be preparing as though it has a match to play either on Friday or Saturday.

"If we stay in the tournament we will be trouble to other teams, to important teams, because today we got some more confidence, we needed the first two games to settle in," he said via a translator.

In Paris, France and Switzerland settled for a 0-0 draw.

France was the stronger side and squandered several scoring chances, which it also did against Romania and Albania.

The result ended up suiting both, with France taking first place in Group A and the Swiss advancing in second place.

Albania's defence has impressed in Euro 2016 and the team stuck to the same type of game plan it used in its two hard-fought losses to Switzerland and France.

Armando Sadiku scored the sole goal in the match and Albania's first in an international competition in the 43rd minute with a header.

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RECIPE Slow Cooker Pulled Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't put your slow cooker away for the summer — nothing keeps your kitchen cooler. This recipe yields enough pork for two dinners. Read tomorrow for the follow-up recipe!

Ready in
Prep time: 30 minutes
Cook time: 8 hours 30 minutes
Makes 8 to 10 servings

Ingredients
- 1 3 to 4lb. boneless pork shoulder blade roast
- ¼ cup brown sugar
- 4 tsp salt
- 4 tsp chili powder
- 2 tsp dried mustard powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 tsp vegetable oil
- 1/2 cup apple cider vinegar
- 1/2 cup orange juice
- 3 Tbsp tomato paste
- 6 brioche buns

Directions

1. In a small bowl, combine 2 Tbsp of brown sugar, salt, chili powder, dried mustard powder, cumin, garlic powder, black pepper, cinnamon and nutmeg. Rub the spice mix over the pork.

2. Heat the vegetable oil in a large skillet over medium heat; add the pork and brown all sides for about 10 minutes. Remove the pork from the skillet and set aside on a plate.

3. Add 3/4 cup (185 ml) water to the skillet and whisk into the drippings. Transfer the liquid from the pan into your slow cooker. Add the vinegar, juice, tomato paste and remaining 2 Tbsp (30 ml) of brown sugar to the slow cooker and whisk. Add the pork and cover, cook on low for 8 hours.

4. If the liquid does not fully cover your shoulder you'll need to turn it at the half way point. Remove the pork and transfer to a cutting board. Pour the liquid into a Dutch oven over low heat to keep it warm.

5. Shred the pork, using two forks, or roughly chop. Add the shredded meat to the Dutch oven and combine with sauce. Taste and season with salt.

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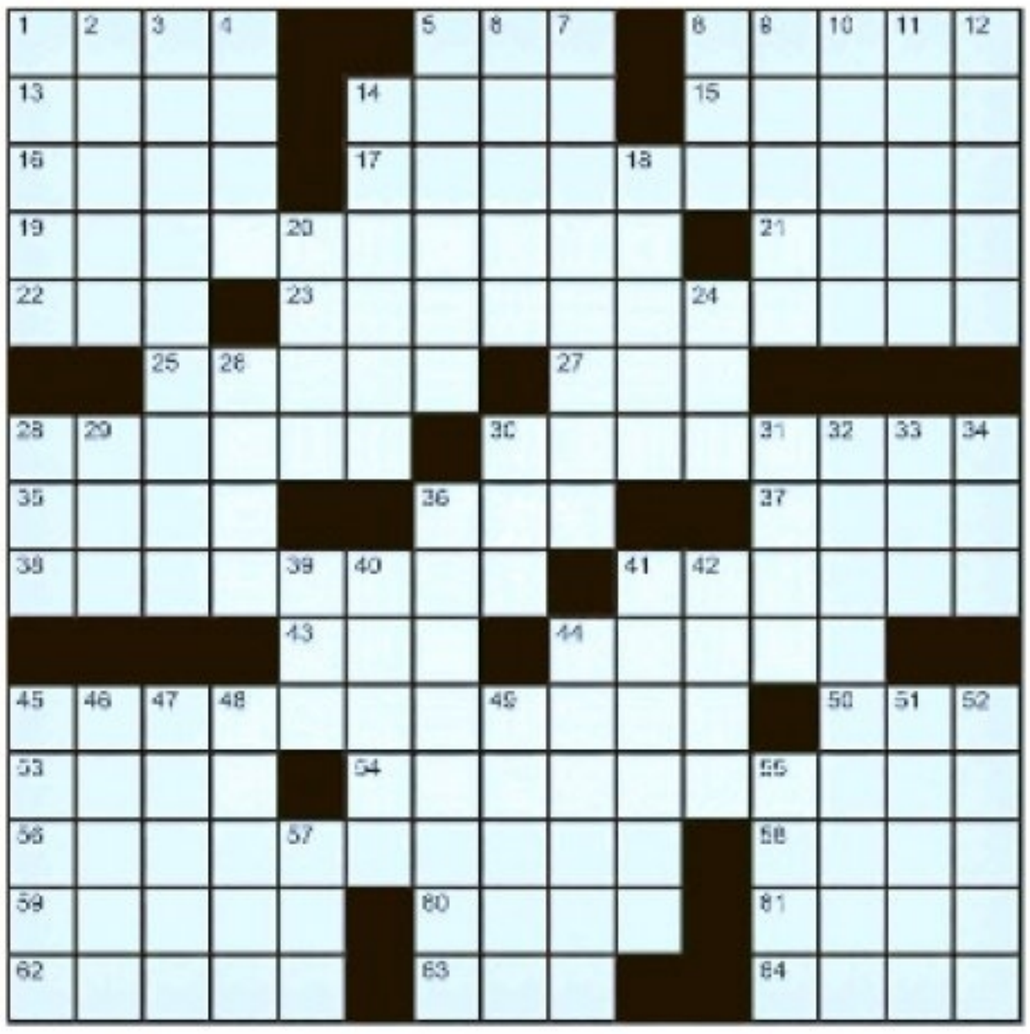
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Caesar's 202
5. "Meatballs" (1979) star ...his initials-sharers
8. Visibly stunned
13. Vases
14. __ du jour (Dish of the day)
15. Frasier's TV brother
16. Amble
17. Canoe stabilizers in Hawaii
19. BeaverTail or Nanaimo Bar: 2 wds.
21. Cafe au __
22. 'Mountain' suffix
23. It's new and is regarded as one of the top courses in the world by #54-Across: 2 wds.
25. Tidies, say
27. Even if, briefly
28. City in California
30. One of Canada's acting Ryans
35. Celebration
36. Scam
37. Additional
38. Tackle box item
41. Serious Skincare entrepreneur, Jennifer __ (Sylvester Stallone's wife)
43. Popular tree
44. __ __ with nature
45. Molson Canadian: 3 wds.
50. Actress Ms. Ling
53. Architect Mr. Saarinen
54. Game on the green publication: 2 wds.
56. Television spot, often: 2 wds.
58. Irish souvenir
59. John Keats, for one
60. Weight allowance
61. Ancient Dead Sea land
62. Mr. Autry's
63. Canonized Mlle.
64. Ballpark figs.

DOWN
1. Hex
2. "Gladiator" (2000) star Russell
3. Nova Scotia... #23-Across' western shores locale on Cape Breton Island
4. KT Tunstall's "Suddenly __"
5. Comments-in-snippets
6. California city, San __
7. Dorothy __ (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)
8. Director Mr. Lee
9. Bennifer movie of 2003
10. Robert Frost poem, __ Treader
11. Font flourish
12. "Hey there..." library sounds
14. __ salad (Picnic dish)
18. Must scratch, must scratch...
20. Our national hwy.
24. Half of England's cap.
26. Bible book, e.g.
28. Tripled letter meaning 'really loud' in music
29. 1989 David Byrne album: '__ Momo'
30. Seoul's locale [acronym]
31. Its capital is Muscat
32. Hippy's necklaces: 2 wds.
33. Soft & __ (Antiperspirant brand)
34. Ott. hockey player
36. Consoles
39. She'd opposite
40. Branch of knowledge suffix
41. Dog sniffing the kibbles bag meaning: 2 wds.
42. Ms. Loughlin
44. Earlier
45. Obscure
46. Writer Charles' bookish surname
47. Mr. Shimerman of "Star Trek: Deep Space Nine"
48. Racket
49. Puffiness
51. Tie type
52. List components
55. Lea Michele's old show
57. Fire dept. ranks

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's impossible to meet the demands of home and family as well as the demands of your job and your career today because of the Full Moon. Just cope as best you can.

Taurus April 21 - May 21
This is an accident-prone day for your sign because of the high emotions due to the Full Moon today. The key to avoiding an accident is to stay mellow and calm.

Gemini May 22 - June 21
Disputes about money, shared property and inheritances might arise today. Wait a few days, and this conflict will diminish considerably. (Full Moon today.)

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is why relations with partners and close friends are so testy and challenging! Mum's the word.

Leo July 24 - Aug. 23
Be easygoing and understanding with co-workers today, because today's Full Moon energy puts everyone on edge. A little patience can go a long way.

Virgo Aug. 24 - Sept. 23
Parents should be patient with their kids today because of the Full Moon energy. Meanwhile, this same advice applies to romantic partners. Oh yeah.

Libra Sept. 24 - Oct. 23
A family member might make demands on your time today; nevertheless, you have to focus on work. This is a tough choice, and you have to make it.

Scorpio Oct. 24 - Nov. 22
Travel plans might be stressed. People are on edge because of the Full Moon today. Avoid controversial subjects like politics, religion and racial issues.

Sagittarius Nov. 23 - Dec. 21
This is not a good day to address financial disputes or arguments about inheritances and shared property. Wait until the Full Moon is over. (Even tomorrow is a better day.)

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon in your sign all year is taking place. This is why you feel so much emotion within you! Take caution about overreacting with others.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and clients today, because everyone can feel the Full Moon energy. Tomorrow is a much easier day. Just coast today.

Pisces
Feb. 20 - March 20
Romantic partners might be at odds today because of the Full Moon energy. However, even friends might have disputes. Stay mellow, because this is so temporary.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

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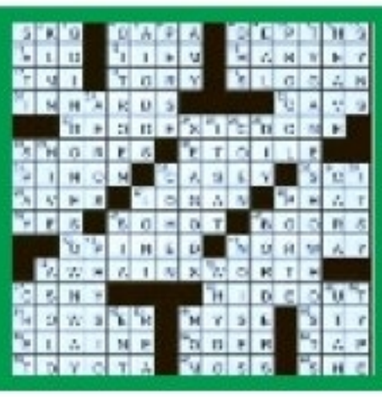

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